

BEFORE YOU BEGIN

Thank you for purchasing the contoured Push-up Stands. The Push-up Stands will help you develop muscle power in your upper body with comfort and ease.

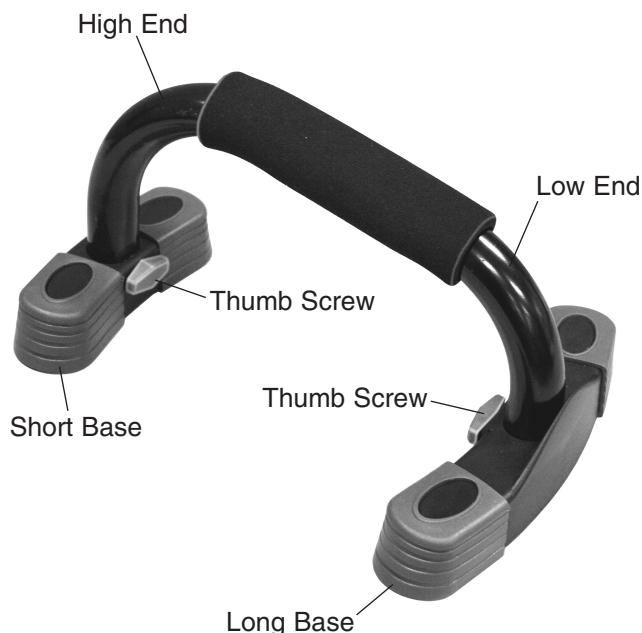
For your safety and benefit, please read this guide before using the Push-up Stands. If you have questions after reading this guide, or if you need to order replacement parts, call Customer Care toll-free at 1-800-288-4802, Mon.–Fri., 6 a.m.–6 p.m. Mountain Time (closed on holidays).

ASSEMBLY INSTRUCTIONS

Before assembling the Push-up Stands, please note that each handle has a high end and a low end. The handles are inclined to provide comfort.

To assemble the Push-up Stands:

1. Attach the high end of a handle to a short base with a thumb screw.
2. Attach the low end of the handle to a long base with a thumb screw.
3. Repeat these steps to assemble the other Push-up Stand.



IMPORTANT PRECAUTIONS

⚠ WARNING: To reduce the risk of serious injury, read the following important precautions before using the Push-up Stands. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

1. It is the responsibility of the owner to ensure that all users of the Push-up Stands are adequately informed of all precautions.
2. Inspect the Push-up Stands regularly. Make sure that all parts of the Push-up Stands are properly attached.
3. If you feel pain or dizziness while exercising, stop immediately and begin cooling down.
4. Before beginning this or any exercise program, consult your physician. This is especially important for persons over age 35 or persons with pre-existing health problems.

LIMITED WARRANTY

ICON Health & Fitness, Inc. (ICON) warrants this product to be free from defects in workmanship and material, under normal use and service conditions, for a period of ninety (90) days from the date of purchase. This warranty extends only to the original purchaser. ICON's obligation under this warranty is limited to replacing or repairing, at ICON's option, the product at one of its authorized service centers. All products for which warranty claim is made must be received by ICON at one of its authorized service centers with all freight and other transportation charges prepaid, accompanied by sufficient proof of purchase. All returns must be pre-authorized by ICON. This warranty does not extend to any product or damage to a product caused by or attributable to freight damage, abuse, misuse, improper or abnormal usage, or repairs not provided by an ICON authorized service center, products used for commercial or rental purposes, or products used as store display models. No other warranty beyond that specifically set forth above is authorized by ICON.

ICON is not responsible or liable for indirect, special or consequential damages arising out of or in connection with the use or performance of the product or damages with respect to any economic loss, loss of property, loss of revenues or profits, loss of enjoyment or use, costs of removal, installation or other consequential damages of whatsoever nature. Some states do not allow the exclusion or limitation of incidental or consequential damages. Accordingly, the above limitation may not apply to you. The warranty extended hereunder is in lieu of any and all other warranties and any implied warranties of merchantability or fitness for a particular purpose is limited in its scope and duration to the terms set forth herein. Some states do not allow limitations on how long an implied warranty lasts. Accordingly, the above limitation may not apply to you.

This warranty gives you specific legal rights. You may also have other rights which vary from state to state.

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